

Terwillegar COMMUNITY LEAGUE Tribune

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Deadline For Next Issue: May 30, 2025

Delivery: Week Of June 16, 2025

Issue 105

www.terwillegar.org

April 2025

Terwillegar Community League Update

Terwillegar

Terwillegar Community League

We started the year out with our Family Day Event at the Terwillegar Community Church. We had record attendance at this event with many families showing up for free pizza and enjoy a showing of *Despicable Me 4*. A special thank you goes out to Pizza Hut Riverbend, who helped both sponsor the event as well as have their staff volunteer at the event!

The I'm Too Big for It Sale will take place on April 12th at the Terwillegar Community Church from 10am-1pm. We will have over 40 tables of kids' items on display. There are still a couple tables available if you would like to have a table at the event, please see terwillegar.org for more information.

Thanks to the community for your continuous support and we hope everyone has a great spring!



Terwillegar
COMMUNITY LEAGUE

I'm Too Big For It Sale

Free admission to over 40 tables of gently-used clothes, toys, books, and everything else kid-related. Table rentals are available.



Scan QR Code for details!

Terwillegar Community Church
April 12, 10am - 1pm

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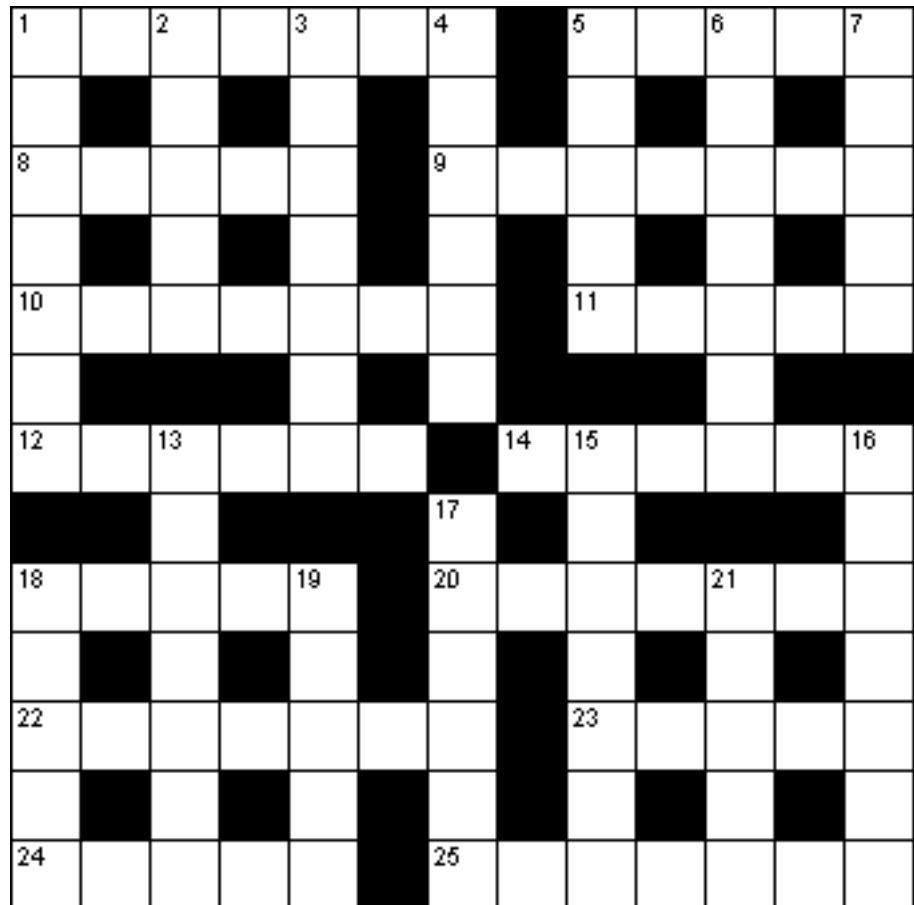
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What's Next

Next Submission Deadline:

Fri. May 30th

Next Issue: Delivery
Week of June 16th



Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's

- Fitness Area
- Aquatic Center
- Open Gymnasium
- Indoor Children's Playground (12 and under)



Saturday's from 5-7pm

Memberships are available online
www.terwillegar.org

Member of Parliament Update



*Matt Jeneroux
MP Edmonton - Riverbend*

Dear Residents of Edmonton Riverbend,

Many in our community have reached out regarding the escalating trade tensions with the U.S. I wanted to provide a summary of the situation and its potential impact.

Alberta, heavily reliant on resource export, faces serious consequences

On February 1, 2025, U.S. President Donald Trump announced a 25% tariff on all imports from Canada and Mexico, except for Canadian energy exports, which face a 10% tariff. Originally set to take effect on February 4, the tariffs were delayed to March 4. Despite conflicting signals from Trump and the White House thereafter, the tariffs took effect on March 4.

Alberta, heavily reliant on resource exports, faces serious consequences. The tariff on energy exports threatens profit

margins and jobs, while Canada's \$15 billion in retaliatory tariffs on U.S. goods —targeting agricultural products, cars, and consumer goods—may drive up costs for Canadian businesses and consumers. The Bank of Canada has warned that these tariffs pose a major risk to inflation, growth, and financial stability, with analysts cautioning that Canada and Mexico could face recessionary pressures if the dispute escalates further.

Compounding his tariff announcements, Trump has repeatedly suggested that Canada should become the 51st U.S. state, framing it as a solution to trade and security issues. While dismissed by many as unrealistic, his remarks have fueled concerns about the direction of Canada-U.S. relations under his administration. This continued escalation threatens our industries, jobs, and economic confidence. A diplomatic resolution is critical to preventing lasting damage to Canada-U.S. trade relations and economic stability.

At this critical moment, the liberal government's decision to prorogue the parliament till March 24, followed by the new Prime Minister's determination not to recall the parliament any sooner, has left Canada without a functioning parliament (and opposition) to address the crisis. We have repeatedly urged the Liberals to recall the parliament immediately since January in order to tackle the national crisis, but the Liberal government just refused to put our country ahead of its party.

My colleagues and I are committed to advocating for Canadians. A key part of this process is hearing directly from you. Please don't hesitate to reach out to my office with your thoughts.

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You see someone threatening or attempting suicide.

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- 1-877-303-2642 — Mental Health Helpline (24 hours)
- 780-482-HELP (4357) — Distress line (24 hours)
- 211 press 1 — Community information and referral

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Councillor Update



Tim Cartmell
Ward pihêsiwin Councillor

Dear Neighbours,

After our long, cold winter, it's a relief to see temperatures warming and snow finally melting as we emerge from our collective hibernation. Of course, with the thaw comes Edmonton's unofficial fifth season – pothole season! While City crews are working overtime to fill these car-swallowing craters, it's a perfect reminder of why I've been reflecting on what "Building it Better" truly means for our city and southwest communities.

Building Our Local Economy Together

The recently approved rezoning in Brander Gardens for a Nordic Spa represents the kind of thoughtful development we need – one that enhances our natural assets while creating local economic opportunities. After hearing from over 90 residents with diverse perspectives, I supported this high-quality wellness facility that will operate year-round, complementing our winter city identity while preserving the river valley's beauty. I understand not everyone agrees, and I remain committed to ensuring this development respects our community character as it progresses.

This local project connects to a larger economic picture: investing strategically to strengthen Edmonton's resilience. The proposed Downtown Community Revitalization Levy extension exemplifies this approach. By generating up to \$975 million for catalyst projects downtown, we create a stronger economic core that benefits all

Edmontonians. Since 2015, this approach has attracted \$4.7 billion in development, generating tax revenue that takes pressure off residential neighbourhoods like ours.

This local economic focus becomes even more critical as we face the unpredictable nature of the US-Canada trade relationship. With the threat of tariffs creating uncertainty for the 15-20% of Edmonton businesses exporting directly to the US and nearly all feeling supply chain impacts, we must support our neighbours who own and operate local businesses. This isn't about turning inward but rather recognizing the strength in our community connections – whether at farmers' markets, neighbourhood shops, or even your local franchises, which employ our neighbours and often source Alberta products.

Building Better Infrastructure

Our approach to building infrastructure needs the same thoughtful consideration. The Complete Streets Design Standards, despite good intentions, require practical refinement. With industry partners raising 800 comments about implementation challenges, from construction costs to snow clearing practicalities, we need flexible guidelines that create great streets while respecting neighbourhood character and fiscal responsibility.

Our approach to building infrastructure needs the same thoughtful consideration

This connects directly to our infrastructure management. As an engineer with 30+ years of experience, I know we can coordinate our major projects better – from delayed LRT construction to the upcoming bridge closures that will dramatically impact river crossings for years to come. Without better coordination, Edmonton risks becoming one giant construction zone. Building it better means minimizing disruption while delivering needed infrastructure that serves our growing city efficiently and affordably.

In these interconnected challenges, I see tremendous opportunity for Edmonton when we take a practical, collaborative approach. I'd love to continue this conversation – reach me at info@timcartmell.ca.

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Bike Index



edmontonpolice.ca

Bike Index is a non-profit online bicycle registry. It's a simple solution to prove ownership, alert the community if your bike has been stolen, and search a bicycle you found to find its owner. Visit Bike Index here.

In 2019, the Edmonton Police Service partnered with the online bicycle registry Bike Index in attempt to deter bike theft from the moment you purchase your bicycle. And if your bicycle is ever lost or stolen, we can return it to you A.S.A.P.

As soon as you purchase your bike, or the moment you read this, you can go to BikeIndex.org and register your bike in about two minutes. Best part? It's completely free - forever. If you sell the bike you've registered, you can update your Bike Index information with the press of a button. Bike Index makes it easy to transfer your bicycle's information to the new owner's account – all you need is the buyer's email address and you can transfer it over.



EPS Bicycle Registration Events - Spring/Summer 2025

The Edmonton Police Service will be holding multiple outdoor public registration events throughout the spring and summer. Citizens are invited to ride your bike down to any of our upcoming events to have our officers register your bicycle for you. We're making it as easy as possible!

Stay tuned for Spring/Summer 2025 dates.

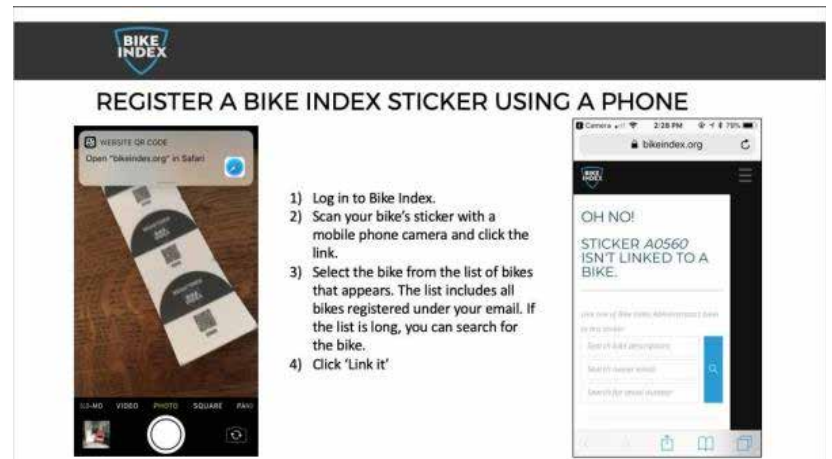
Registering your bike on Bike Index

If you can't make it to one of our registration events, don't worry! It's easy to do from the comfort of your home. Simply create an account at BikeIndex.org. You'll need to provide your bike's details including serial number, make, model, and colour. Add a photo and additional details like aftermarket parts, unique markings or stickers, etc. – the more details the better. Add a phone number to your profile when you register! Only law enforcement will be able to see it.

If you include your phone number, any EPS officer who finds your bike can contact you immediately to notify you of your bike's whereabouts. This will allow an easier transition for us to return your bike to you.

After you register, you can pick up a free unique sticker from an EPS front counter or participating Edmonton bike shop (listed to the right). You don't need a sticker to register your bike with Bike Index. But a Bike Index/EPS sticker is:

- a unique identifier so anyone with a smartphone can instantly be taken to your Bike Index registry page to contact you if they believe it's stolen
- another deterrent for potential bike thieves as it shows your bike is watched by the entire community
- made of strong material to weather any storm and is extremely difficult to take off
- And it's free!



Linking your Bike Index sticker to your account:

1. Place your sticker on the seat tube of your bicycle (the bar that extends from the saddle, down to the bottom bracket).
2. Scan the sticker's QR code with your smartphone camera or QR scanner app and open the link.
3. Link your bike by searching your bike description, email address, or bike's serial number and click 'Link It' when your bike is listed.

My bike was stolen – Now what?

If your bike goes missing, mark it as lost or stolen on BikeIndex.org so if anyone finds your bike and searches it on Bike Index, they can contact you with its whereabouts. Don't forget to report stolen bicycles to police (online or by phone at 780-423-4567) too.

Didn't register your bike before it went missing? No problem! You can still create an account for your bicycle and mark it stolen on Bike Index. That way, if someone finds it, you can be contacted and reunited.

My stolen bike is listed for sale online!

Many stolen bicycles are found for sale online by the suspect. If you find your bike being sold online:

- Take screenshots of the ad – ensure the ad # and any seller contact information is recorded
- Have your proof of ownership ready (your Bike Index account should have all the necessary details like serial #, Bike Index sticker number, photos, etc.)
- Contact police immediately at 780-423-4567 or come to a police station

NEVER contact the suspect or arrange to meet the suspect yourself. For your safety and proper investigative measures, please let police officers take care of this.

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Being Seen



*Marni Mrazik
Director of Community Life at Terwillegar
Community Church*

Have you ever experienced a day that is memorable because something happened that marked your experience? I recently had one of those days. It was March 13, the day of the latest big snowfall in Edmonton. I remember that snowfall because it occurred on the day my husband absolutely needed to get to the airport for a flight overseas. To miss that flight would mean he'd miss all the other connections to get him to a meeting where he was presenting.

I was watching the forecast closely the day before and watching the sky even closer on the day. I couldn't drive my husband to the airport because I was preparing for a senior's event we were having at the church that afternoon. But that's when he texted me to say there was a good chance I'd have to go home, finish packing for him and drive his luggage to his office and then get him to the airport on time.

While I remember the frantic events of getting my husband to the airport, and the intense snowstorm that was causing extra stress to get him there, what stands out most to me about that day is the remarkable lack of stress I felt when I left the church to help my husband get to the airport. And I remember the reasons for my sense of calm in leaving things undone for the senior's event. Those reasons were actually people. They were four friends in whom I had every confidence they would get everything done, prepared, set up and set out. I completely trusted that everything would be ready and prepared upon my return...and everything was! The gift of being part of a community that will come alongside us and see where we need help and then step in to help is a gift beyond measure. To know there are others keeping an eye out for us and looking for ways to do life together is a blessing.

What was also particularly interesting about March 13, is that morning I was reading in Genesis about Hagar, who was an enslaved Egyptian who found herself hiding in the wilderness. It was there, while feeling alone and abandoned that she encountered God, and she responded by naming God "El Roi" which means, "the God who sees me." On March 13, I felt seen by God through the eyes of my friends. I wasn't alone, I wasn't abandoned, and I'm not enslaved so in no way did my circumstances match those of Hagar's, but I did experience the gift of being seen. I experienced God's presence and care through the provision of my friends.

No matter where you find yourself right now, regardless of your circumstances, the creator God of the universe in all its vastness is also close at hand, ever present, ever watching and He sees you. Whether you are feeling like you are walking in the wilderness, or your path seems smooth right now, God sees you. I am humbled by this reality, and I pray my eyes will constantly and continually be



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open to God's presence and provision in my life and I pray that I will take the opportunities he gives me to walk with, encourage and help those around me.

Imagine if we all looked out for one another and if we took steps to care for one another. Maybe it's as simple as looking into the eyes of those we pass on the street and saying hello or having a neighbour over for coffee and finding out they could use help with something, or maybe it's allowing ourselves to be seen and being willing to accept help when we need it.

Wherever you find yourself right now, we at Terwillegar Community Church welcome the opportunity to give you a place to be seen and a place to investigate "El Roi" the God who sees 'you.' In the meantime, I hope we can strengthen our community by living with eyes looking out for each other and being ready to engage.

DID YOU KNOW?

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SWEFM

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Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Friends, there is a lot happening right now. If you're feeling overwhelmed and reading the news or social media seems like too much, you're not alone. Even as I write this, I know that by the time this article is published, even more might have changed. So I ask for your patience if that has happened!

Global events and recent actions by the President of the US are having direct impacts on us and will continue to do so for some time. Tariffs and the "will-they-won't-they" situation we've been living in for months will affect the costs of goods and services, the free flow of our goods to market, the bottom line of our small businesses, and the jobs of Canadians. It will affect our household budgets, which were already strained. It is understandable to be worried about this, as well as I know many of you are worried for family and friends in Ukraine.

Yet perhaps you are also feeling a reinvigorated sense of pride in our country and connection to fellow Canadians. I know I am. In this time of uncertainty, we can find certainty in our commitment to stand up for our country and each other. We can make a promise to spend our hard-earned money here on Canadian goods, in the small businesses in our community, and in our local economy. We can display and wave our flag with pride. We can support each other and remember that it's not just that "I am Canadian", but that "We are Canadian."

During challenging times, we need focused, ethical and competent leadership. However, many of you are aware of the recent allegations of UCP political interference and government pressure into very lucrative public contracts for private surgical facilities on behalf of their friends. It is also alleged that both the Minister of Health and Premier attempted to cover this up by firing the CEO and the Board of AHS. It amounts to the worst allegations of corruption in Alberta's history and nothing short of a full public inquiry will give Albertans the answers they deserve.

This is at a time when Albertans continue to struggle with access to health care, such as surgeries, treatments, and a family doctor. A government that is more focused on enriching their friends with taxpayer dollars – while also introducing a deficit budget with no plan to meet the economic and social challenges ahead – is not one that is focused on the priorities of you and your family.

I remain focused on the needs of our community and what lies ahead for our city, province and country. By the time you read this, I will have held a townhall in Brookview and if you were not able to attend, I hope you will still take the time to reach out to me so I can answer your questions and listen to your concerns and ideas. As always, you can reach me at Edmonton.Whitemud@assembly.ab.ca or (780) 413-5970. Be well and elbows up!



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Our Community, Your Voice




Rakhi Pancholi
MLA, EDMONTON-WHITEMUD




(780) 413-5970 203 - 596 Riverbend Square
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Managing Seasonal Allergies



albertahealthservices.ca

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.



In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose

- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.

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If you're under 18, bring your parent or guardian along to sign for you – they'll be legally responsible for what you borrow.

Cards are free to all Edmonton residents, including:

- U of A students and staff - free with a U of A L-Pass
- MacEwan University students, staff and faculty - free with a MacEwan L-Pass (works best in Firefox)
- Concordia University College students and faculty - free with a

Concordia L-Pass (does not work in IE8 or earlier)

- Norquest students, staff, and faculty - free with a Norquest LPass
- Non-residents – \$72 non-resident fee

You may also borrow at EPL with a Reciprocal, TAL or ME Libraries card.

Please note: Remote access to our eBooks and other digital content is NOT available to reciprocal, TAL, ME Libraries, corporate, visitor and non-resident cards.

Did you know that you can use your EPL card to borrow items from nearly all of Alberta's other public libraries? Simply register for FREE at melibraries.ca today



Hydration and You



albertahealthservices.ca

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day, through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the right amount of water to drink each day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water of day (250-mL or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200- to 300-mg per day which is about two to four cups (250-ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to consume more water during the day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day
- Take a sip whenever you pass a drinking fountain
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.

Slow-cooker Burrito Bowls

Canada

Canada's Food Guide

This wholesome meal is perfect for a crowd! Serve with a salad or a raw vegetable platter, and serve leftovers for busy weeknights

Ingredients

- 2 boneless skinless chicken breasts (about 680 g/1 ½ lb)
- 375 ml (1 ½ cups) canned (no salt added) diced tomatoes
- 310 ml (1 ¼ cups) lower sodium chicken broth
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) garlic powder
- 1 can (540 ml/19 oz) black beans, drained and rinsed
- 250 ml (1 cup) uncooked brown rice
- 250 ml (1 cup) frozen or canned (no salt added) corn
- Optional toppings: lower fat shredded mozzarella, lower fat plain yogurt, lower sodium salsa, diced fresh avocado

Tips

- Kids will be amazed to see food cook by itself in the slow cooker. Ask them to help combine ingredients and stir when needed.
- Want to use some of yesterday's leftovers? Use quinoa instead of brown rice or chicken thighs instead of chicken breasts .
- If you want your dish to be spicier, add red pepper flakes or hot sauce!
- Transform this burrito bowl into a wrap. Spoon some of the mixture into a lettuce leaf or whole grain corn tortilla and wrap it up!



10 ingredients or less Freezer-friendly Kid-friendly

This wholesome meal is perfect for a crowd! Serve with a salad or a raw vegetable platter, and serve leftovers for busy weeknights.

Prep time 15 min

Cook time 360 min

Servings 6

Directions

- 1 Lightly spray inside of large slow cooker with cooking spray.
- 2
- 3 2 In a large slow cooker, combine the chicken, diced tomatoes (with juice), chicken broth, chili powder, cumin, and garlic powder. Make sure the chicken broth covers the chicken, adding more if needed. Cover and cook for 3 to 4 hours on the low setting.
- 4 3 Uncover and stir in the beans, brown rice, and corn. Cover and cook for another 3 to 4 hours on the low setting.
- 5 4 In the last hour of cooking, check the brown rice occasionally, stirring once or twice to make sure it cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the brown rice is tender.
- 6 5 Remove the chicken and place in a large bowl or cutting board. Use 2 forks to shred the chicken into bite-sized pieces. Transfer the chicken back to the slow cooker and mix.

Celebrating Exceptional Teachers With The Edwin Parr Award!



Ward F Trustee
Julie Kusiek

This prestigious award celebrates educators who demonstrate exemplary teaching qualities early in their careers and is a tribute to Edwin Parr's commitment to education. Edwin Parr was the chair of Athabasca School Division board, president of the Alberta School Trustees' Association from 1956 to 1962, and was on the County of Athabasca council from its formation in 1959 until his death in 1963. Edwin Parr always put students first and his commitment inspired the same dedication in many teachers. In 1964, to honour the influence and dedication of this educator and community leader, the Edwin Parr Teacher Award was established.

The award is presented annually to a first-year teacher who exemplifies dedication to students. Trustees in each of the five Alberta School Boards Association (ASBA) provincial zones select a first-year teacher for special recognition at the ASBA Fall General Meeting. As a large metro school division hiring hundreds of new teachers each year, Edmonton Public School selects one recipient from our division.

At a recent Board meeting, we honoured five incredible first-year teachers

At a recent Board meeting, we honoured five incredible first-year teachers. These finalists for Edmonton Public Schools were selected by their principals, based on the knowledge, skills, attitudes and commitment they have demonstrated in their schools. Each of these teachers strives to provide dynamic and engaging learning environments and experiences for their students. They are not only teachers; they're also inspirational leaders and role models who are devoted to students, both inside and outside the classroom.



Board Chair
Edmonton Public Schools

Trustee | Ward F
Julie Kusiek

780-429-8087

X Instagram Facebook @JulieKusiek

trustee.julie.kusiek@epsb.ca

The five nominees are:

- Prerak Shah (Elder Dr. Francis Whiskeyjack School)
- Derek Repchuk (Highlands School)
- Lauren McDonald (Mayfield School)
- Sagan Speer (Westglen School)
- Breanna Tran-Ly (Weinlos School).

Congratulations to all nominees and to the Edmonton Public Schools Edwin Parr recipient Breanna Tran-Ly.

I invite you to learn more about the incredible ways these teachers help to motivate students to develop a love of learning, often bringing new approaches and ideas to their classrooms and school communities.

Watch the recording at the 2:50:22 mark of the March 4, 2025 Board meeting: <https://www.youtube.com/live/yUQqa6PuuVc?feature=shared&t=10220>.

Congratulations!

Traffic Safety Tips: Distracted Driving



Be safe, focus on the road because distracted driving continues to be a significant cause of preventable motor vehicle collisions on all Alberta roads.

Research shows that up to 30 per cent of all motor vehicle collisions are caused by distracted drivers. Looking at the phone, emailing, texting and other distracted behaviors while driving can result in tragic consequences that are totally preventable.

Alberta's distracted driving law restricts drivers from doing any of the following, even while stopped at redlights:

- Using hand-held cell phones, including texting or emailing.
- Using electronic devices such as laptop computers, video games,

cameras, video entertainment displays and programming portable audio players such as MP3 players.

- Entering information on GPS units.
- Reading printed materials.
- Writing, printing or sketching.
- Personal grooming such as brushing and flossing teeth, putting on makeup, curling hair, clipping nails or shaving.

Quick facts

There were 11,314 convictions for distracted driving between April 1, 2023 and March 31, 2024.

93 per cent of distracted driving convictions were for using a hand-held electronic device while driving.

Distracted driving related penalties include:

- Distracted driving – \$300 fine and three demerit points
- Careless driving – fine of up to \$1,200 and six demerit points

Edmonton Approves First Nordic Spa in Southwest Edmonton



cbc.ca

After weighing the pros and cons of allowing a nordic spa to be built in southwest Edmonton, city councillors voted unanimously to pass a rezoning application for the project on Monday, allowing it to go forward. Scandinave Group Inc. has proposed building Edmonton's first nordic spa in Brander Gardens, right beside the river valley, on land owned by the University of Alberta Properties Trust.



Steve Arsenault, the company's president and CEO, said the project will include saunas, steam baths, cold plunges and outdoor relaxation areas, among other features. He said the spa will enhance Edmonton's reputation as a wellness destination and bring investment dollars, jobs and tourism revenue to the city.

Also speaking in support of the project, Melissa Radu, the executive

director of destination stewardship with the marketing organization Explore Edmonton, said the spa would help businesses attract visitors during the slower winter and shoulder seasons. She said wellness tourists spend more than other visitors, directly benefiting local businesses.

Some critics told councillors the project would harm the environment and questioned how a private facility would benefit the public. "This will destroy, despite the rhetoric, the rich biodiversity on the property," said Ramsay Heights resident Gloria Michalchuk. Opposing speakers also brought up concerns about consultation with First Nations and the desire for a public walkway on the top of the bank, overlooking the river.

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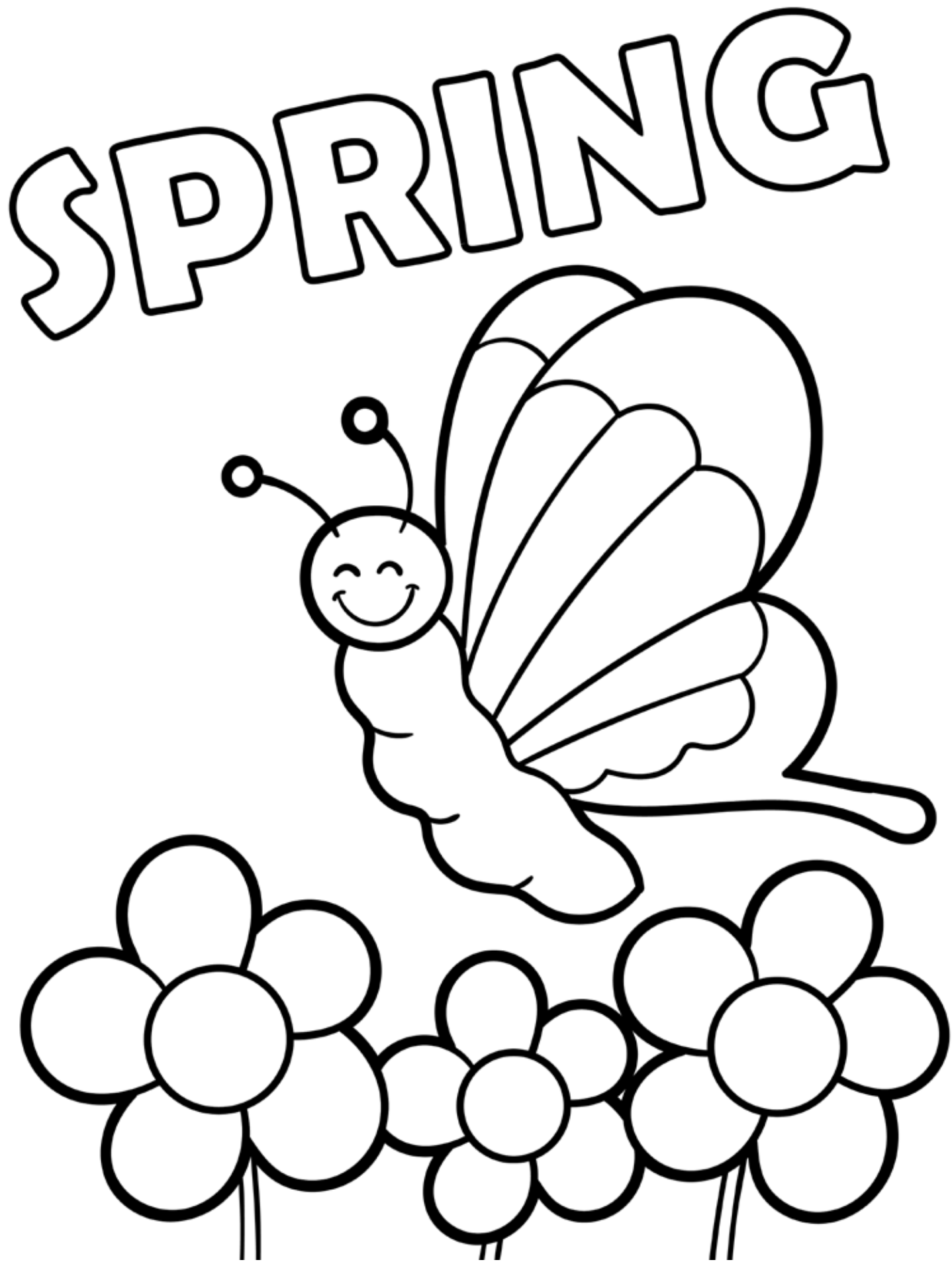
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Kid's Zone - Colouring Contest



Spring Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by May 30/25. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.

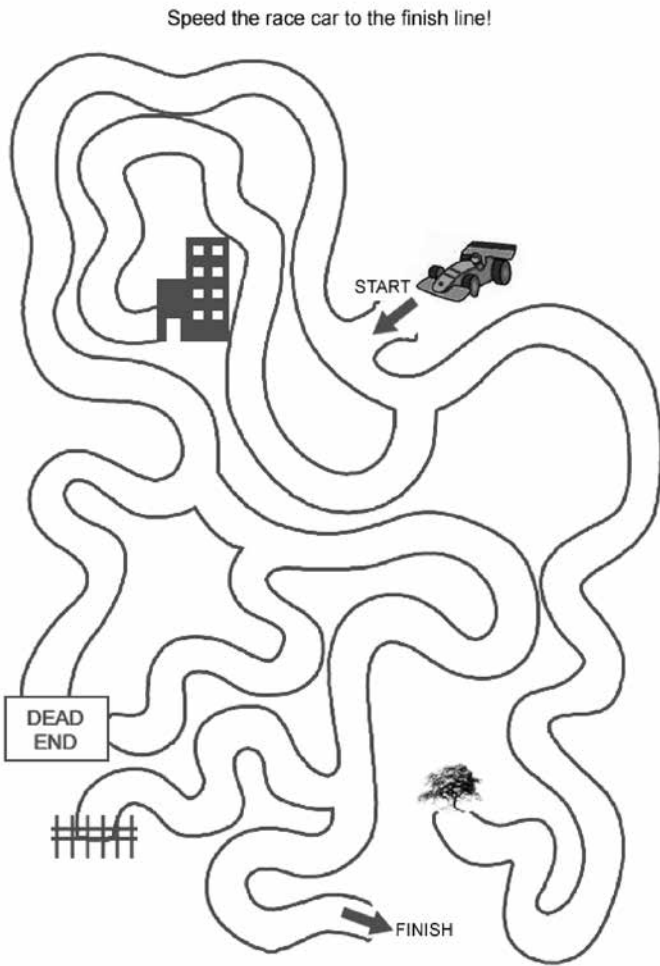
Age categories are: 3-5; 6-8; and 9-11.

Entries should be mailed to:
Terwillegar Community League
PO Box 36508 , MacTaggart RPO
Edmonton, AB T6R 0T4

OR

Dropped off at the TRAC Office (by Multi-Purpose Room #6) inside the Terwillegar Rec Centre.

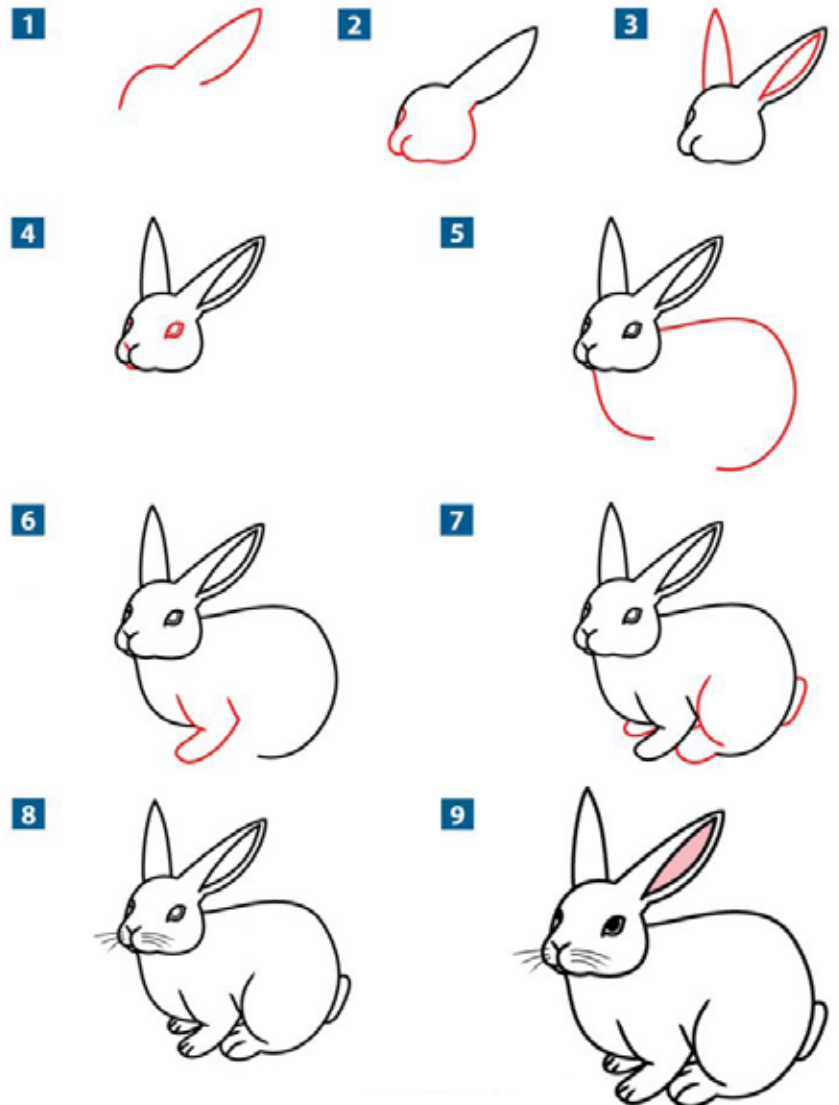
Kid's Zone - Fun & Games



Fruits

1. Grape 2. Strawberry 3. Watermelon
4. Pomegranate 5. Lemon 6. Apple 7. Pear
8. Pineapple 9. Orange 10. Banana

HELP THE HEDGEHOG FIND THE SUN!



Pot of Gold Colouring Contest Winners!

Ages: 3-5
1st Place: Makena W.
Runner Up: Ellie H.

Ages: 6-8
1st Place: Grace M.
Runner Up: Anton H.

Ages: 9-11
1st Place: Katrina R.
Runner Up: Dylan G.

Honourable Mentions:

Jay D.
Audrey P.
Brynn M.
Naomi G.

Thanks to everyone for their submissions and making it so difficult to choose the winners!

Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us
Honourable mentions will receive a \$10 Toys "R" Us gift certificates.
Prizes will be mailed out the coming week!

Edmonton Real Estate: The Impact of Tariffs, Mortgage Rates, and Housing Inventory



Sally Munro

Edmonton's real estate market continues to evolve, shaped by a combination of economic factors, government policies, and shifting buyer and seller behaviour.

As we navigate 2025, three key elements are having a noticeable impact on home sales and property values: rising tariffs on building materials, fluctuating mortgage rates, and changing housing inventory levels.

Understanding these trends is crucial for both buyers and sellers looking to make informed decisions.

Tariffs and Their Impact on Construction Costs

The recent implementation of higher tariffs on imported building materials—including lumber, steel, aluminum, and manufactured goods such as appliances—has significantly increased the cost of new home construction. This is particularly evident in Edmonton's custom and luxury home segments, where builders rely on high-quality imported materials.

Effects on Buyers and Builders

- New home prices have risen, making pre-construction purchases less attractive compared to resale homes.
- Builders are passing these additional costs to consumers, leading

to higher list prices for brand-new homes.

- Project delays are increasing, as some developers wait for lower material costs before starting new builds.
- The resale market is seeing increased demand, as buyers look for alternatives to costly new construction.

The combination of higher tariffs and inflation has pushed some buyers to consider renovations instead of moving, further influencing the market by increasing demand for renovation-ready properties.

Mortgage Rates: A Balancing Act for Buyers

Mortgage rates have been a hot topic over the past few years, and 2025 is no exception. The Bank of Canada's recent rate decisions have kept borrowing costs higher than in the early 2020s, affecting affordability for many buyers. The qualifying rate is still 2% plus the mortgage rate. Remember porting your mortgage you must re-qualify for the same mortgage.

How Higher Rates Are Affecting the Market

- Reduced Purchasing Power – Buyers who could previously afford a home in the \$600,000 range may now be limited to \$500,000–\$550,000 due to higher monthly payments.
- Shift Toward Smaller Homes & Condos – Entry-level buyers are opting for townhouses and condos, where price points are more manageable.
- More Demand for Seller Financing – Some sellers are considering vendor take-back mortgages (where the seller finances part of the purchase) to attract buyers struggling with high rates.
- Increased Use of Adjustable-Rate Mortgages (ARMs) – Many

UROSPOT is changing the lives of women and men.

"Two coffees before a long car ride and I didn't have to go to the bathroom for hours!"

– Sophie, 52

"I feel like I'm 25 again."

– George, 63

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The care team consists of Nurses and Pelvic Floor Physiotherapists who come together to help restore your freedom and confidence. A key part of the care model is a medical chair, approved by Health Canada. As you sit comfortably, the chair uses waves of energy to re-boot the connection between your brain, bladder and pelvic floor, but it also does 11,000 contractions of the pelvic floor muscles (you know these as Kegels) to help strengthen and restore the muscles. You can even use physiotherapy benefits towards the cost of treatment.

If bladder leaks, urgency, night waking to pee, frequent trips to the bathroom or pelvic organ prolapse are impacting your life, help is now here.

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buyers are choosing shorter-term fixed or variable-rate mortgages, anticipating possible rate cuts in late 2025 or 2026.

Despite these challenges, Edmonton remains more affordable compared to other major Canadian cities like Toronto and Vancouver, keeping buyer interest relatively strong. We are unique and will weather the storm by being reasonable and realistic with expectations.

Housing Inventory: A Shifting Market

One of the biggest questions for Edmonton’s real estate market is inventory levels—how many homes are available for sale. Inventory shifts can create either a buyer’s market (more supply, lower prices) or a seller’s market (low supply, higher prices).

Current Trends in Edmonton’s Inventory

- Single-family home supply remains low, keeping competition high in popular neighborhoods. Well-priced detached homes continue to sell quickly.
- Luxury homes (\$1M+) are sitting longer on the market, as fewer buyers are willing to take on high mortgage payments in the current rate environment.
- Condo inventory has risen, particularly in downtown and suburban high-rise developments. Some condo investors are selling due to lower rental returns.
 - More investors are holding onto properties, waiting for interest rate cuts before listing their homes.

For sellers, this means that homes in prime locations and good condition are still attracting buyers, but pricing must be strategic.

Overpriced listings are sitting longer, leading to price adjustments over time.

Opportunities & Challenges for Buyers and Sellers

With all these factors in play, here’s what buyers and sellers should consider moving forward:

For Buyers:

- Look for motivated sellers – Some homeowners need to sell quickly, leading to better deals.
- Be open to condos or townhomes – These are seeing less competition compared to single-family homes.
- Consider shorter-term mortgages – If rates drop in the next few years, a 2- to 3-year term could be beneficial.
- Work with an experienced agent – Navigating today’s market requires strong negotiation skills.

For Sellers:

- Price competitively – Buyers are more sensitive to price, and well-priced homes sell faster.
- Highlight move-in readiness – With rising renovation costs, buyers prefer homes that don’t need major upgrades.
- Consider staging – Professionally staged homes tend to attract higher offers. If your budget doesn’t allow you can make subtle improvements by decluttering and cleaning.

Be flexible with terms – Offering incentives like can help attract buyers.

Final Thoughts

Edmonton’s real estate market is undergoing important shifts, but it remains a stable and attractive place to buy and sell homes. While rising tariffs, mortgage rates, and inventory fluctuations present challenges, they also create opportunities for savvy buyers and sellers. By understanding these trends and adapting strategies accordingly, both sides can successfully navigate today’s market.

Connect with professionals and explore the best approach for your needs.

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Southwest Edmonton Farmers' Market (SWEFM) 14th Season starts May 14th!



Karin Shott

We are so excited to be back again this year for our 14th season of the Southwest Edmonton Farmers' Market! There are so many exciting things we will be bringing to the Terwillegar neighbourhood, so let's get started!

Our season starts on Wednesday May 14th from 3:30 pm to 7:30 pm rain or shine in Lot E (Front Lot) at the Terwillegar Recreation Centre –now called the Booster Juice Recreation Centre in Terwillegar. We run every Wednesday until October 8th. SWEFM is a make, bake or grow market with a variety of amazing vendors to supply our community with fresh products and handmade goods.

The most exciting news we have for this season is that we are pleased to announce that the much loved 'Sprouts Program' will be continuing! This is a free nutrition program for children ages 4-12 years old that gives them the opportunity to purchase fruits, vegetables, and food plants with a "Sprouts Token". The purpose of the program is to introduce kids to nutritional food choices, empower children to make their own healthy eating choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle. Part of running the Sprouts program

is community sponsorship. If you or a company you think might want to proudly sponsor this fantastic program please contact the Sprouts Coordinator at: swefm.sprouts@gmail.com

Other news is that we will again have the Community Tent Program. This tent is available for not-for-profit organizations who wish to introduce themselves into our community to help raise their profile. For more information stop by www.swefm.ca and click on the Community page.

SWEFM is always looking for volunteers to help with our market each Wednesday throughout the summer. This is a great opportunity for high school students or retirees to support their community and be part of our amazing market. Please contact the Market Manager at: swefm.manager@gmail.com for more information.

Again, this season, we will be offering our Young Vendors Program. Last season our Young Vendors were an enjoyable addition to our market each week. This program recognizes young entrepreneurs between the ages of 13 to 17 who want to explore the world of Farmers' Markets to sell their products. For more information, visit our website www.swefm.ca and click on Young Vendors for more information.

Keep up to date with all of our news and events www.swefm.ca, Facebook, Twitter and Instagram. See you all in May!

Larger Natural Habitat Opens For Zoo's Arctic Wolves



edmonton.ca

Get ready to witness the wild side of the Edmonton Valley Zoo as the spectacular new Arctic Wolf habitat opens to the public on Friday, March 21.

The R. Mollot Arctic Wolf Habitat is the new home for the zoo's three Arctic wolves - Tundra, Aspen and Anuri. The new 5,000 m² exhibit offers a spacious, naturalistic environment for the wolves and reflects the zoo's ongoing commitment to wildlife conservation and enhancing the visitor experience.

"We're incredibly excited to introduce this wonderful new home for our howling residents and are confident it will be a hit with visitors, as it highlights not only the beauty of our Arctic wolves but also our commitment to educating the public about various species and the challenges they face in the wild," said Gary Dewar, Director, Edmonton Valley Zoo. "The Arctic Wolf habitat is designed to promote natural behaviours, and we hope it will inspire future generations to take action in protecting these remarkable animals and their environment."

The habitat is designed to provide a spacious, engaging and natural environment for the zoo's wolf pack. It includes a main habitat that mirrors the natural Arctic tundra, a holding area, an off-exhibit yard, water features and in-Earth den and digging areas. The yard includes trees, grasses, shrubs, fallen logs, boulders and mulch, creating an engaging, wild-like environment for the pack. This encourages natural behaviours like scent-marking, climbing and foraging.

The project was made possible through the Valley Zoo Development Society's fundraising efforts, with major contributions from the Malliner Charitable Foundation, the Government of Alberta and numerous private donors. The society not only funded the exhibit but also was responsible for construction. "Our Zoo continues its impressive transformation thanks to the Society's amazing contributions," said Dewar.

"We are thrilled to be able to provide Tundra, Aspen and Anuri with a beautiful, enriching and stimulating new environment," said Tammy Wiebe, Executive Director, Valley Zoo Development Society. "Thanks to the Malliner Charitable Foundation and our other generous donors, we are able to provide a new habitat for the wolves that aligns with their natural instincts and encourages natural behaviours. We also aim to promote awareness about the need for conservation of Arctic habitats."

Aspen and Anuri arrived at the zoo last year from a zoo in France to be companions for the zoo's lone wolf, Tundra, whose partner died in 2022. Although all three reside in the new exhibit, the females remain separated from Tundra. Their introduction is happening in stages to ensure the safety and comfort of all of the animals.

The Arctic wolf, a subspecies of the grey wolf, lives in the Arctic regions of North America and Greenland. Although Arctic wolves rarely face human threat, their greatest threat to survival is climate change. The Edmonton Valley Zoo's Arctic wolves are ambassador species to help raise awareness of the threats facing their wild populations. Having ambassador species at the zoo allows people to build a personal connection, which helps inspire work towards protecting animals and the environments they live in.

Graffiti



edmonton.ca

Graffiti vandalism is any inscription, slogan, drawing, etc., scratched, scribbled or drawn, often in spray paint, on public or private property without permission.

The graffiti in Edmonton is a blend of "hip hop graffiti", which is when a vandal or tagger paints their respective tag name in an effort to cause damage to gain fame within the graffiti sub-culture. These vandals will usually tag with a crew represented by three letters often painted with their tag name. Gang graffiti accounts for less than three per cent of graffiti in the City of Edmonton.



Graffiti vandalism is the most visible and prominent crime in a neighbourhood, making it appear unsafe. The Broken Windows theory tells us that the appearance of disorder will attract and cause more disorder and the escalation of crime.

When you come across graffiti, remember the "3 Rs":

Record

If you have been victimized by graffiti vandalism you need to record it for evidence and insurance purposes. Take photos of the vandalized area and record when it occurred. This information will be required when you report it.

Report

Graffiti In Progress - If someone views graffiti in progress they should contact 911.

Property Owners - If a property owner discovers graffiti on their property they should contact Police at 780-423-4567. Or, report the incident to a community or divisional station.

Citizen Complaints - All citizens are encouraged to call the City of Edmonton at 311 or fill out their online form to report graffiti on public and private property whenever it is spotted.

Remove

Property owners who fail to remove graffiti within a reasonable time may be fined \$250 (effective April 1, 2008). Where a graffiti complaint is not voluntarily removed, a property owner may receive a fine. It's important to send graffiti offenders the message that graffiti will promptly be removed from your property.

The Capital City Clean-up program can help. Call 311 after reporting to the police.

Four-Season Home Maintenance Checklist



ama.ab.ca

A little home upkeep at the start of each season can add to the value of your home and protect against weather and other threats—while reducing long-term repair costs. Follow our home maintenance checklist for easy fixes and improvements that you can tackle throughout the year.



Spring

- Change HVAC filters; clean dryer vent
- Check smoke and carbon monoxide detectors and replace batteries
- Fill cracks in exterior concrete
- Clear clogged gutters and downspouts
- Drain hot water heater
- Re-caulk showers, tubs and sinks as necessary
- Vacuum refrigerator coils
- Review and update your home insurance policy
- Get a professional roof inspection

Summer

- Schedule an air conditioner inspection
- Repair fences, trim back trees and shrubs
- Check and clean septic system, if applicable
- Powerwash driveway, deck and porch
- Prep barbecue with a thorough clean
- Wash windows, inside and out
- Clean drains in kitchen and bathrooms

Fall

- Change HVAC filters; clean dryer vent
- Test smoke and carbon monoxide detectors
- Check the roof for loose or missing shingles
- Schedule a furnace inspection
- Cover patio furniture or store it inside
- Protect air conditioner with a waterproof cover
- Seal exterior gaps where critters could enter
- Drain and shut off exterior faucets and hoses

Winter

- Inspect window and door seals; repair any leaks
- Vacuum bathroom and kitchen exhaust fan grills and filters
- Clear any debris blocking chimney
- Test sump pump, if applicable
- Inspect insulation, adding more as required
- Insulate pipes near windows and doors
- Stock a winter home survival kit

Predatory Towing Info



*Michael Elliott
Staff Sergeant, Southwest Division
Edmonton Police Service*

Getting into a collision or breaking down on the side of the road can be stressful and create anxiety and potentially confusion. If you have road side assistance, you are a call away from having a reputable tow truck to assist. If you do not, you have to connect with a reputable tow company to help.



Today, I'd like to touch of the topic of predatory towing and knowing your rights. What is it? Predatory towing is when a tow truck arrives at a collision or breakdown, uninvited. Upon arrival they usually then pressure you to use their services and charge inflated prices. They also will hold your vehicle until you pay an inflated price to release your vehicle from their tow lot.

What are your rights?

1. You have the right to refuse unsolicited towing services. Please use a reputable company, such as AMA, when seeking services from a tow company.

2. You have the right to choose who tows your vehicle and where, unless directed by the Edmonton Police.

3. You have the right to access your vehicle to acquire your personal items at the tow lot/storage area during their business hours.

4. You have to right to ask for a quote prior for any tow service taking your vehicle, including the impound fees. Ask for a detailed invoice when you pay for the service.

5. If a tow company recommends bringing your vehicle to a specific lot or garage, ask if they received a kick back from the location. You have the right to tow your vehicle to a specific location.

I hope these tips provide you with clarity if you are faced with an unfortunate incident on the side of the road.

Sweet Clara the Sea Lion



*Garth Paul Ukrainetz
Poet of the Blackmud Creek*

A photo on the wall have I
At shopping mall lagoon, West Ed
My daughter with a happy smile
A kiss from Clara tops her head

With big eyes brown, long whiskered cheeks
This sweet sea lion stole our hearts
We'd see her show most every week
Watched Clara play her many parts

She'd toss a frisbee to the crowd
Clap her flippers with applause
Jump through hoops and bark out loud
The funnest show there ever was

Yes, thru the years performed for all
Our darling sea lion will be missed
Sweet Clara loved her West Ed Mall
And everyone she ever kissed



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Community League Membership Benefits

Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)

Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning.



Arum Lily Flower Shop

Show your community league membership card to receive 10% discount from in-store fresh flower purchases. Does not apply to other promotions or deals.

Yardly - SAVE 10% on Snow Removal & Lawn Mowing



Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website. Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the Yardly website.

Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store.



Wellness Program

Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:
Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.
Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Urban Poling



Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members discounts, check online or email more information!



Free Skating at Any Outdoor Community League Rink

Find the closest outdoor community league rink to you by clicking Find a Facility/League, go to Facility Amenities and select Rink. You can view a map or list of all outdoor league skating rinks in Edmonton! Skate tags are available when you purchase your membership

Software application training at the Technology Training Centre
training@ualberta.ca

Poster and Banner printing at Campus Design and Print Solutions
print@ualberta.ca

U of A clothing, and branded promotions from the U of A Bookstore
special.orders@ualberta.ca

Orbis Sports offers Community League Discount

Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL18



House of Wheels

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab





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hopecity.ca/daycamps



You Can't Judge a Course By It's Title

ELLA offers up a wealth of choice for mature learners



Kathy Kerr

Friends rolled their eyes when I told them I planned to take a course in Canadian constitutional controversies.

They didn't see the attraction of sitting in a classroom at the University of Alberta for three weeks to learn about dusty political history. But that course, offered last spring by the Edmonton Lifelong Learners Association (ELLA), was fascinating and engaging enough to keep a classroom full of mature students in their seats, continuing the discussion past the end of class.

ELLA courses, non-credit courses for senior adults offered in the spring at U or A and remotely in the winter, cover such a breadth and depth of topics that there's bound to be gems for everyone.

Fellow constitutional controversies student Barb Maheu says she was surprised by the behind-the-scenes politics of the 1984 Meech Lake Accord, and enjoyed the sessions on indigenous rights and the constitutional court case centred on the Morgentaler abortion clinics.

The course touched on hot button issues, including Alberta sovereignty, climate policy and Quebec language laws.

The Charter cases and controversies of the last 40 years have plenty of resonance for mature students.

"We have so many experiences we can draw on (as seniors). It really felt personal," says Maheu.

Professor Richard Mailey and his guest constitutional experts from the U of A faculty often found themselves answering informed and unexpected questions. Mailey, the director of U of A's Centre for Constitutional Studies, praises the engagement of ELLA students.

"I love the challenge as a 30-something Irish guy coming into a room with a lot of people who have lived in Canada a long time, have all this experience of different sectors, had different jobs in different disciplines. They all bring different expertise to the room.

"I feel I have to be on my toes...just because of the wealth of knowledge in the room." He says it's tough to prepare for an ELLA class because he never knows where student questions will take the discussion. Mailey has taught two sessions of Canadian constitutional studies. He's back this spring with a course that will bring in context from the constitutional law in other countries and how Canada compares.



ELLA students enjoy a course during the organization's spring session at U of A

Every year brings a different selection of courses for ELLA members to choose from. I've taken courses including forensic anthropology, paleontology, bird watching, tai chi, choir, terrorism and modern farming techniques. This spring ELLA is offering more than 30 classes, from painting to improvisation, astronomy to origins of the Cold War, the Inca Empire to yoga. Classes run from April 28 to May 16 on the University of Alberta campus.

The full course list will be available on the ELLA website, my-ella.com, on March 24 and registration for the spring session begins April 2. ELLA also offers on-line courses in the winter.

EXPAND YOUR WORLD

Mind-boggling non-credit classes for people 50+
In-person courses April 28 - May 16, 2025
 Visit my-ella.com for details and to register.

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TRAC Update



Karin Shott
Office Administrator

Ski Night @ Snow Valley

Luckily the extreme cold subsided for Saturday, February 8th for the annual Ski Night at Snow Valley. Participants were able to ski or snowboard from 6-9 pm at an excellent price point of \$30 which included a rental, lift ticket and a beginner lesson if needed. Thanks to everyone for attending, we hope you all enjoyed the event!

Looking to save the EFCL \$5 admin. fee on a community league membership purchase?

Purchase your membership through the TRAC Community Office which is located inside the Terwillegar Recreation Centre (now called Booster Juice Recreation Centre in Terwillegar).

The office hours are:

Mondays & Tuesdays 10 AM – 2 PM;

Thursdays 4-8 PM;

1st & 3rd Saturday of the month 12 noon – 4 PM.

Community League memberships always have an August 31st expiry date.

“When you purchase a Community League membership, you help your Community League bring residents together, improve community amenities, and enhance the quality of life for you and your neighbours.” - www.efcl.org

TRAC Community Run/Walk - 2025

We are excited to announce that this year’s TRAC Community Run/Walk will held on Sunday, May 25th at Mother Margaret Mary School (2010 Leger Road NW) @ 9:00 AM. We’re always in need of sponsorship and volunteers to make this event happen. **Please contact the TRAC Community Office at yegtrac@gmail.com if you’re able to help or if you have any questions.**

Save the Date for these Upcoming TRAC Events:

- TRAC AGM April 30, 2025.
- Southwest Edmonton Farmers’ Market - Opening Day: Wed. May 14, 2025 3:30-7:30 PM
- TRAC Community Run/Walk: Sunday, May 25, 2025

Bridge Renewal Program Update



edmonton.ca

The City of Edmonton continues to invest in maintaining and renewing bridge infrastructure to ensure safety and longevity. Through the Bridge Renewal Program, the City conducts regular inspections, maintenance and rehabilitation work to prevent unplanned closures and keep Edmonton’s bridges in good condition. Key updates for 2025

Wellington Bridge:

Replacement of the bridge will begin in late 2025, aligning with anticipated completion of the Valley Line West LRT road work on Stony Plain Road. The bridge is expected to reopen by late 2026, with landscaping finished in 2027.

Dawson Bridge:

Repairs starting in summer 2025 will extend the bridge’s service life. This work will require occasional night and weekend closures. Intermittent lane reductions are also expected. Work is expected to be completed by the end of 2025.

Low Level Bridge (Southbound):

Maintenance will require a full closure of the southbound structure starting in late summer/fall 2025. Southbound traffic will be rerouted to the northbound Low Level Bridge, while northbound traffic will shift to 98 Avenue (James MacDonald Bridge). Work is expected to be completed by the end of 2025.

High Level Bridge:

Design for renewal is in progress, with construction timelines to be determined.

The City is coordinating bridge work with other road and utility projects to minimize disruptions and maintain access to Edmonton’s core. Traffic management plans will be further communicated as specific project construction timelines are confirmed.

For more information: edmonton.ca/RoadProjects



Photo courtesy of <https://citymuseumedmonton.ca>

Terwillegar Classifieds



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Community Contact Information

Join The TCL

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 Adult 2: _____
 Address: _____
 Postal Code: _____ Phone Number: _____
 Email: _____
 Childrens Name & Age: _____

Membership Type:
 \$35.00 Adult Single Adult Couple
 \$35.00 Senior Single or Couple (65+)
 \$45.00 Family

May we send you news by email?
 Yes No

Are you willing to volunteer?
 Yes No

Fee Paid: _____ **Donation:** _____
 Cash Cheque # _____
 (_____ *Cheque payable to TRAC)

Total Paid: _____ **# of Skate Tags required:** _____

Mail completed form, along with payment to:

Terwillegar Community League
Terwillegar Riverbend Advisory Council
 #5, 2051 Leger Road NW
 Edmonton, AB T6R 0R9

*Please make sure the boxes are checked for email news,
 and if you are able to volunteer. Thanks!*

You CAN make a difference by helping
 out in this dynamic community of ours!



Board Contacts

President:
 president@terwillegar.org

Vice-President:
 vicepresident@terwillegar.org

Treasurer:
 treasurer@terwillegar.org

Secretary:
 secretary@terwillegar.org

Community Advocate:
 advocate@terwillegar.org

Membership Director:
 memberships@terwillegar.org

Programs Director:
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Communications Director:
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Fundraising Director:
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Other Contacts

Community Garden:
 Amanda Hunt, garden@terwillegar.org

Editor:
 Karin Shott, editor@terwillegar.org

Neighbourhood Watch:
 watch@terwillegar.org

Webmaster:
 Alison Cairns, webmaster@terwillegar.org

Other Positions

TRAC Ambassador - MacTaggart:
 Vacant

TRAC Ambassador - Magrath:
 Vacant

TRAC Ambassador - South Terwillegar:
 Ryan Barber

TRAC Ambassador - Terwillegar Gardens:
 Sue Trigg

TRAC Ambassador - Terwillegar Towne:
 Monte Weber

Crossword Solution

1	A	C	2	C	U	3	S	E	4	D		5	D	U	6	P	E	7	D
	L		L		U		E						R		I				
8	A	C	O	R	N				9	F	L	U	M	M	O	X			
	R		W		R		E						I		E				
10	M	A	N	S	I	O	N					11	D	U	N	C	E		
	E				S		D												
12	D	E	13	E	P	E	R			14	A	C	C	O	R	16	D		
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18	P	O	U	N	D					20	L	A	R	I	21	A	T	S	
	A		D		O								R		B				
22	G	R	I	E	V	E	D					23	A	D	A	G	E		
	E		T		E								N		S				
24	S	P	E	A	R					25	R	A	T	C	H	E	T		

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